

Confetti Grain Salad

Makes: 6 servings

Try this recipe with a variety of vegetables until you find what you and your family like best.

Ingredients

1 1/2 cups brown rice, uncooked

3 cups water

2 lemon (juiced)

3 green onion (also called scallions)

1/4 cup parsley (minced)

1/2 teaspoon salt

black pepper (to taste)

1/4 cup olive oil (or other vegetable oil)

1 1/2 cups vegetables (of your favorite, cut into small pieces)

Directions

1. Wash rice and put into a 2-quart pot with water. Bring to boil, then lower heat to simmer, and cook uncovered until all the water is absorbed. (approximately 45 minutes)



2. Pour into medium sized bowl and allow to cool.

3. Pour lemon juice over rice and stir. When rice is cooled to lukewarm, add vegetables, salt, pepper, and oil.

Nutrition Information

Nutrients	Amount
Calories	290
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	225 mg
Total Carbohydrate	44 g
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 IU
Calcium	45 mg
Iron	1 mg
Potassium	204 mg
N/A - data is not available	

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	Vegetables	1/4 cup
	Grains	1 1/2 ounces

4. Stir and chill at least 1 hour. This dish also can be served warm.

Notes

Learn more about:

- [Onions](#)
- [Citrus Fruits](#)

Source: University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, pg. 35